

# HUMAN MILK FORTIFIER

Adding essential nutrients to a preterm baby's feedings<sup>1</sup>

Breast milk is best for babies. In most cases, small preterm babies need more calories and nutrients than breast milk can provide.<sup>2</sup>



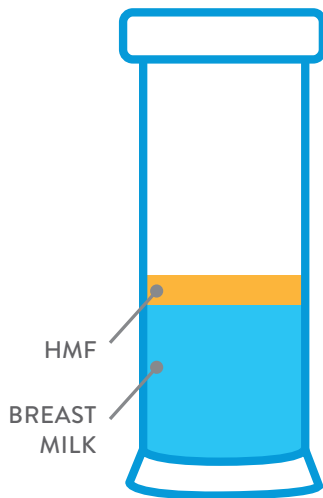
Since a preterm baby has a tiny tummy, the amount of milk they can drink is limited.



If your baby's health care professional determines that more nutrients are needed, they may recommend a human milk fortifier (HMF).

When added to breast milk, an HMF optimizes important nutrients for your preterm baby.

## PRETERM MILK WITH HMF

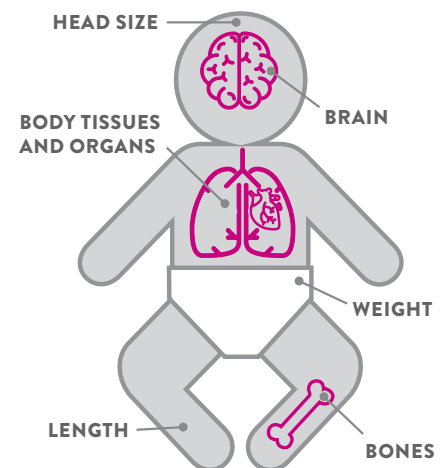


## HMF ADDS

- ✓ Protein
- ✓ Vitamins
- ✓ Minerals
- ✓ Fat
- ✓ Carbohydrates



## GROWTH AND DEVELOPMENT



The Canadian Paediatric Society has recommended fortified human milk as the preferred source of nutrition for preterm babies for over 25 years.<sup>3</sup>



The calories and nutrients in an HMF, when added to breast milk, are essential to your preterm baby's growth and development.<sup>2</sup>

References: 1. van Goudoever JB. *Ann Nutr Metab* 2018;72(Suppl. 3):25-31. 2. Ziegler EE. *World Rev Nutr Diet* 2014;110:215-27. 3. Nutrient needs and feeding of premature infants. Nutrition Committee, Canadian Paediatric Society. *CMAJ* 1995;152(11):1765-85.